President’s Fall Address: ‘We can be better than we’ve been’

By Jeff Dodge

In the first Fall Address held since 2019, Interim President Rick Miranda reflected on what former Colorado State University President Al Yates said during the aftermath of the Spring Creek Flood that inundated campus in 1997.

“The flood offered many lessons, not the least of which is that we can be better than we’ve been,” Yates said during the first Fall Address and University Picnic 25 years ago. “Only if we do this – only if we are better in the end – can we claim that our recovery efforts have been successful.”

The flood recovery effort in 1997 inspired Yates to thank the University community for its resiliency by adding a free picnic to the annual president’s address. Miranda drew parallels between that time and the present, as CSU emerges from the impacts of the COVID-19 pandemic and the lessons it brought.

“We’re here today, after a pause of two cycles of Fall Addresses, to do three things: remember the costs we have borne; celebrate the successes we’ve had; and to look to the future,” Miranda said. “Everything we’ve learned in this period can be harvested, to make us better than we’ve been.”

Free speech

The Fall Address and University Picnic, held Sept. 29 on CSU’s historic Oval, featured performances by the CSU Marching Band and Spirit Squads as well as remarks from Interim Provost Janice Nerger and Associated Students of Colorado State University President Rob Long, who introduced Miranda.

In his remarks, Miranda focused on free speech, priorities for the year, recent successes and the value of higher education.

Free speech and academic freedom are bedrock principles of the University, he said, and while CSU can’t protect community members from the speech of others, it can clearly articulate its values, educate community members about responding with their own free speech, and provide support to the most vulnerable individuals in the community.

“Hate speech is virtually always rooted in malicious lies – and our primary mission is to counter lies with the truth,” he said. “Discovering the truth, speaking the truth, supporting the truth – that’s what we ought to do best. We should always strive to be more effective champions for the truth than we’ve been.”

Improving compensation

Among goals for the coming year, Miranda listed improving compensation and pay equity for faculty, staff and teaching assistants. In a meeting this week, he said, he told members of the Graduate Student Council that reducing fees for graduate staff will be a top budget priority.

“Our faculty, our staff and our graduate assistants deserve to be paid comparably to peers around the country, and they should be able to live and buy homes in the community where they work,” Miranda said.

continued on page 6
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canvas.org/csu
Lory Student Center branch

CSU recognized nationally for educational excellence

Forbes magazine ranks CSU first among Colorado-based educational employers

By Jeff Dodge

Forbes magazine has named Colorado State University the best educational employer based in the state.

CSU was ranked fifth among in-state employers in its “America’s Best Employers by State” rankings.

The next highest ranked educational employer was the University of Denver at 11th.

“We are delighted to be recognized in this way – I know that for many years our focus on improving our employees’ overall experience here at CSU has been a top priority,” said CSU Interim President Rick Miranda. “We certainly have more to do though – it’s work that’s never ‘done’ – and we’ll be focusing this year on a variety of overall compensation and equity issues that include faculty, staff and graduate assistants.”

The honor comes on the heels of several employee-related advancements that CSU has made in recent years.

Professional development days and mental health days were implemented during the pandemic to recognize employees’ hard work and contributions, allowing the workforce to recharge and rejuvenate in the face of pandemic fatigue.

CSU also introduced flexible work schedules and remote work options to recruit and retain talent, and it expanded opportunities to attract a broader and more diverse group of job candidates. During the pandemic, CSU was able to preserve jobs and avoid layoffs, thanks to financial assistance from the CSU System and Board of Governors.

“We had a dedicated focus on limiting the impact on our most valuable assets, our employees, during the past three years,” said Robyn Fergus, vice president for human resources. “We even applied raises during this time.”

She added that increasing employee compensation has been and will continue to be a top priority, as are inclusive benefit options such as generous leave and paid parental leave options, which are among offerings that CSU reviews annually for possible expansions.

In addition, Human Resources is working on a multi-prong strategy to create attainable housing options for university employees. The first rental options will be available in the fall of 2023. Other efforts include mortgage assistance, education and assistance for employees facing emergencies.

CSU ranked in top third by U.S. News & World Report

By Allison Sylte

Colorado State University continues to be ranked among the top third of public universities in the country, according to the 2022-23 “Best Colleges” list released Sept. 12 by U.S. News & World Report.

CSU was ranked the 72nd best public university in the U.S. for 2022-23. It was also ranked among the top “A+ Schools for Diversity.”

This and CSU’s ranking among the country’s best value schools highlights the University’s land-grant mission to make quality education more accessible for everyone.

“We’re especially pleased that CSU is recognized as a place that returns great value to our students,” said Interim President Rick Miranda. “We’ve worked hard to keep CSU affordable and accessible, and our students get a strong return on their investment in a CSU degree.”

The latest rankings also show a big jump for the CSU College of Business, which moved up from No. 106 in 2021-22 to No. 86 on the latest list of the best business schools.

The U.S. News & World Report rankings are just the latest pieces of national recognition for CSU. Forbes recently listed CSU as the top educational employer in Colorado, and for the eighth time in eight years, the University was ranked in the upper echelon for sustainability among international doctoral institutions.
CSU Homecoming and Family Weekend: Three days packed with fun family events

Colorado State University’s Homecoming and Family Weekend – set for Oct. 13-15 – will feature a host of events, including the return of the popular Festival on the Oval.

CSU is hosting more than a dozen events in the lead-up to the Rams taking on the Utah State Aggies in the home football game on Oct. 15. Events include the Distinguished Alumni Awards, Friday Night Lights and the Homecoming 5K Race, among others.

Thursday, October 13th
Homecoming & Family Weekend Kickoff at the New Belgium Porch at Canvas Stadium, 4-6 p.m.
Distinguished Alumni Awards at Lory Student Center, 5 p.m.

Friday, October 14th
50 Year Club Luncheon at Hilton Fort Collins, 12-3 p.m.
Festival on the Oval, 3-6 p.m.
Member BBQ near Meridian and Plum streets, 5:30 p.m.
Friday Night Lights (Bonfire, Fireworks, Lighting of the A) at Lagoon West Lawn, 6 p.m.

Saturday, October 15th
Homecoming 5k Race at the Oval, 8 a.m.
Coors Light Ram Walk Tailgate, 1 p.m.
Colorado State vs. Utah State Homecoming & Family Weekend Football Game, kickoff 5 p.m.

Come one, come all, come to Ram Town this fall

By Ethan Dvorak

Tailgating, the pregame football tradition as old as the very game of football itself just became more fun at Colorado State University. Ram Town is evolving with each coming weekend.

Located on the corner of Meridian Avenue and Hughes Way, Ram Town is offering more events and experiences for the entire family. Everything that an avid CSU football and sports fan could ever hope for goes down at Ram Town, from inflatables and game day entertainment for the kids to the new home of the Coors Light Ram Walk Tailgate for the parents.

Tailgating without a side of barbeque falls short. Luckily, CSU Athletics agrees with this sentiment.

Ram Town also features one of the very best barbeque restaurants that Colorado has to offer in Brother’s BBQ, serving the CSU community and cheering on the team.

The change of location has brought about a new atmosphere, providing lasting memories whether you’re with friends or enjoying a day with the kids.

CSU has always been predicated on bringing together a community and making Fort Collins home. In the mass celebration and excitement, Rams become a collective unit outside of Canvas Stadium.

Ram Town will also feature game day appearances from the CSU Marching Band, cheerleaders and additional sport programs. Along with this, live music will be played each weekend outside of Canvas.

So before heading into Canvas Stadium for the game, the community is encouraged to visit Ram Town and discover all that there is to offer.

Live Music Schedule:
Saturday, Oct. 15 - Musketeer Gripweed
Saturday, Oct. 22 - Funky Business
Saturday, Nov. 11 - Titonic
Saturday, Nov. 25 - Top Shelf

We are open and ready to welcome you during renovation work. Come see how we’re growing!

#WHEREWEBELONG
C.A.N.S. Around The Oval is underway on campus at Colorado State University

By Joe Giordano

C.A.N.S. Around The Oval — Colorado State University’s annual drive to collect nonperishable food and raise money for the Food Bank for Larimer County — kicked off on Sept. 19.

Organizers of the 36-year-old tradition said they are aiming to raise $60,000 and get 20,000 pounds of food, culminating with the iconic C.A.N.S. Around /T_h_e Oval.

C.A.N.S. Around The Oval celebration scheduled for Oct. 19

Basic Needs Program Coordinator Kathryn Conrad, who is part of CSU’s Student Leadership, Involvement, and Community Engagement (SLiCE) office, is encouraging the CSU community to organize teams and donate at https://col.st/62C8R.

“C.A.N.S. has been instrumental over the last 36 years in fostering conversations at CSU and within Larimer County about the all-too-common experience of food insecurity,” Conrad said. “While the food and fund drive aspect of C.A.N.S. Around The Oval is extremely valuable in aiding the Band-Aid solution to food insecurity, the invaluable beauty of C.A.N.S. is that it inspires passion and action to create bigger systemic change each year.

In addition to featuring opportunities to donate food and funds to The Food Bank for Larimer County, the monthlong tradition will provide chances to learn about food insecurity. Conrad said organizers are anticipating hosting five CANversation sessions with community partners to educate people about food insecurity in Larimer County and what is currently being done to address it.

C.A.N.S. — which stands for “cash and nutritious staples” — is one of the largest fund and food drives in Northern Colorado. Last year, the effort raised $66,498.65 and collected 19,082 pounds of food.

The annual fall staple at CSU includes a competition in which colleges, departments, divisions and other groups can compete to raise the most funds and give the most food. The winners will be published on the C.A.N.S. Around The Oval website as well as SOURCE.

“We would love to see some healthy CANversations this year,” Conrad said. “Attending CANversation sessions counts for a good number of points, so even if your team might not have a lot to contribute monetarily, you can still be competitive by simply participating.”

President’s Fall Address

“We’re going to put special attention to our colleagues at the lower end of the pay scale in our next budget cycle.”

Student-related priorities include improving the curriculum, striving for each entering class to reflect the diversity of Colorado’s closing equity gaps and improving retention and graduation rates. He said other goals involve serving Colorado better, becoming even more of a research powerhouse after another record-breaking year in sponsored project expenditures, and improving operations and facilities like the Clark Building, a comment that was met with applause.

Recent successes

Among current highlights, Miranda cited CSU’s largest incoming class ever, being rated the best educational employer in the state by Forbes and continued top national rankings for sustainability. He also lauded the development of the Spur Campus at the National Western Center in Denver, where the third and final building, “Hydro,” will open in January. Noting that the campus has something for all ages, Miranda said his 89-year-old father and a 4-year-old grandson alike would delight in visiting Spur.

He pointed out that people often refer to the legacy of university leaders as being around buildings, programs or organizations.

“But the real legacy of leadership in higher education is the tens of thousands of students who develop as scholars and critical thinkers, who use the platform of the University to probe deeply and with increasing rigor the fundamental questions facing all of us, and who graduate to positions of substance in our communities,” Miranda said.

He added: “A promise lives within each one of our students. It is our responsibility to ensure that the students in our charge can fulfill their promise; that they are given the freedom to listen, to speak, to learn, to fail, to fail again, and ultimately, finally to succeed. That requires that we hire and develop faculty and staff who understand this responsibility, who are committed to it, and who have the talent to excel at providing that environment and that education to our students.”

Miranda concluded with an anecdote about a recent trip to take in the scenic beauty of the Colorado mountains.

“We are blessed to live in the best state in the country,” he said. “Just look around. Our goal should be no less: to be the best land-grant university in the country. We can be, and to quote President Yates one more time — we can be better than we’ve been.”

CSU LIFE | FACULTY & STAFF

Treat Street
A free community event. Enjoy trick-or-treating, face painting, music and more. Saturday, Oct. 22 from 2-4pm shopfron-trangeccillege.com/events/treat-street-

Fun for the Family

Windsor Halloween Carnival 
Free for everyone, the Halloween Carnival will offer trick-or-treat stations and lots of other carnival activities. Dress in your best Halloween costume and join in the fun. Located at the Windsor History Museum. Happening Saturday Oct. 29. recreationliveshere.com/250/Halloween-Carnival

Treatsylvania
Take a hayride and enjoy the kid-friendly environment with trick-or-treating throughout the farm.
Tickets: $7.
Oct. 28-30 at The Farm at Lee Martinez Park. Fgov.com/recreation

Candy Crawl
Family-friendly fall festival featuring live entertainment, carnival games, crafts, and trick-or-treating, Sunday, Oct. 23, from noon-2 p.m. Fort Collins Marketplace.

Pumpkins on Parade
Fun family celebration of Halloween and the harvest, featuring hundreds of pumpkins and gourds arranged across The Gardens in artistic displays and festive activities for the whole family. Fgov.com/gardens/pumpkins

Fritzlars Farm Park Fall Festival
Fritzlars iconic Corn Maze is just one of many attractions at the Farm Park Fall Festival. Enjoy an activity-filled day featuring rides and games, a giant pumpkin patch, pumpkin canons, the mountain slide and beer garden. Special firework shows on select Friday nights. Open from Sep. 28 - Oct. 30. Fritzlarsfarmpark.com

If You’re Wanting a good Scare...

Anderson Farms Terror on the Corn
A scary corn maze, filled with surprises around every corner. Colorado’s ultimate haunted house experience. Visit terrorinthecorn.com for tickets and dates and times. Erin Longmont

The Empty Grave
A eerie haunted house that has an interactive, immersive experience. Find more information at theemptyptravle.com regarding dates and tickets.

Scream Acres
Their attractions are not for the faint of heart! The costume and makeup techniques here will enhance your Halloween experience. Check website for days and times. Fritzlerscreamacres.com

The Frightmare Compound
This chilling compound is full of haunted houses, spooky museums, and escape rooms. Find more information at thefrightmarecompounds.com

Westminster

For information about C.A.N.S. Around The Oval or help registering a team after Kick-Off Day, contact Kathryn Conrad at kathryn.conrad@colostate.edu.
Ram Country or Bear Country? Black bear appears on Colorado State University campus

By Clara DeForest Colvig

A bear that climbed a tree on the Oval Friday, Sept. 16, was safely relocated to the backcountry by Colorado Parks and Wildlife officers. Photo by Livia Carlson

Bright and early on the morning of Friday, Sept. 16, reports of a black bear venturing through Colorado State University’s iconic Oval were circulating through campus.

Students received email and text message alerts at around 8:30 a.m. that the CSU Police Department and the Colorado Division of Wildlife were on the scene with the bear near Ammons Hall. The messages advised everyone to avoid the area.

Many spotted the bear in the tree where it took refuge. Soon after, photos and videos of the creature flooded social media, and a group of bystanders quickly gathered near the Oval. Although it is not every day that college students get to experience the presence of a black bear, this type of gathering can hinder the professionals’ ability to safely remove the bear in a timely manner.

“The Colorado Division of Wildlife takes on the responsibility of removing bears and other animals from urban areas. Its main goal is to guide the animal so it returns home on its own. However, when crowds of humans are surrounding the frightened critter, the likelihood of it departing the tree it has found sanctuary in is low,” Craig said.

“Well, of course the bear is not going to leave. It’s completely terrifed up in the tree, and there’s all these two-legged predators standing down under it, watching it,” said Shane Craig, district wildlife manager at the Colorado Division of Wildlife.

He emphasized that the best action in take when stumbling upon a bear is to keep a substantial distance, snap a picture and then leave the scene.

“The black bear that strolled around the CSU campus was most likely out for a walk, in search of its breakfast. In the late summer and early autumn months, bears try to consume 20,000 calories per day to prepare themselves for the grueling task of winter hibernation. The animals are resourceful, hard workers that scavenge far beyond their natural homes to ensure they meet this calorie quota.

Although the animals are hungry and on the hunt for food, when they enter urban areas such as Fort Collins, no significant danger is present for humans.

“The only time that I’m going to say that it is dangerous for humans is if you think you can keep getting closer for that great picture,” Craig said. “Wild animals are wild animals, they are going to do what they need to do to protect themselves.”

Thankfully, the bear that ventured onto the Oval had no dangerous interactions with bystanders on the scene, and was safely removed and relocated by the Division of Wildlife team.

LGBTQIA+ History Month features keynote talks and celebrations

By Joe Giordano

More than a dozen events are scheduled in celebration of LGBTQIA+ History Month at Colorado State University in October.

The monthlong celebration includes a keynote talk on Oct. 20 from Schuyler Bailar, the first transgender athlete to compete in any sport on an NCAA Division I men’s team. Bailar swam on the Harvard men’s swimming and diving team.

“When I’m swimming, I don’t feel like I have to be a body or gender or really anything. I’m just the act of swimming,” Bailar told CBS News in 2021. “There’s this massive relief, this grounding combined with the weightlessness of being in water that’s really beautiful.”

The talk is part of the Symposium for Inclusive Excellence at CSU. In addition, award-winning poet Sonia Guinaluamas is speaking on Oct. 5 as part of the annual Borderlands Speaker Series at CSU, a collaboration among the Pride Resource Center, El Centro and RamEvents to honor the overlap of Latinx Heritage Month and LGBTQIA+ History Month.

Guinaluamas is an international award-winning queer migrant poet, cultural organizer and social justice activist. They emerged as a national leader in the migrant artistic and political communities, where they coordinated and participated in groundbreaking civil disobedience actions. As in previous years, the Pride Resource Center will be celebrating Coming into Queerness Day on Oct. 11 at the Loy Student Center Plaza and International Pronouns Day on Oct. 19 at the LSC Flex Market.

For the latest information on LGBTQIA+ History Month and registration, visit the Pride Resource Center’s website at prideresourcecenter.colostate.edu.

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See rate details on website
By Teya Kvasnicka

— significantly focus areas of the institute. Webb has also served as the chair of the biological relationship between organisms and the dynamics of diseases. “VandeWoude said. “I owe a debt of gratitude to faculty and administration interim director, and I am confident that the institute will continue to contribute to the understanding of public health and veterinary medicine.”

Webb will provide strategic direction to the institute following the recent departure of the former director, Dr. Sue VandeWoude. VandeWoude has been actively involved in the institute as a member of the One Health Advisory Committee, and has organized multiple workshops and working groups on the modeling of zoonotic diseases. She has been actively involved in the institute as the member of the One Health Strategic Advisory Committee, VandeWoude also served as the director of the institute since 2019.

One Health is an integrated, unifying approach that aims to sustainably balance and optimize the health of humans, animals, and the environment. It recognizes that the health of humans, domestic and wild animals, plants, and the wider environment are closely linked and interdependent. CSU’s One Health Institute works to solve complex problems at this intersection through research, training, outreach, and advocacy. VandeWoude said that the One Health Institute since 2019 has been a tremendously rewarding experience, because the CSU community embraces One Health concepts of addressing health issues in a collaborative, transdisciplinary manner.

“Dr. Webb will provide enthusiastic and supportive stewardship as interim director, and I am confident that the institute will continue to thrive under her direction for the next two years,” VandeWoude said. “I owe a debt of gratitude to faculty and administration for their support of OHD during my tenure and look forward to promoting One Health programs in CVMBH.”

Webb is the former director of the graduate degree program in ecology at CSU and currently serves as the associate dean for the Graduate School. She is a natural fit for the institute, as her research lab primarily investigates the biological relationship between organisms and the dynamics of diseases — significant focus areas of the institute. Webb has also served as the chair of the science advisory board for the National Center for Mathematical and Biological Synthesis and as an editor at Ecology Letters, and has organized multiple workshops and working groups on the modeling of zoonotic diseases.

On our website, you will find out things we are up to, information about our group, and contact your area representative to get more information.

Past year initiatives:

• Back to how we are supporting you, our fellow admin pros. Here are some exciting things we have been working on this past fiscal year:
  • Working hard to ensure each admin pro area around the university had proper area representation on the APC.
  • Splitting one of our areas with many members into two separate areas, so we can better represent the specific interests of members in those areas.
  • Promoted and engaged in 2 separate community service projects, including one with the Winter Clothing Drive, Winterland Restoration, Project Homeless Connect and Special Olympics Colorado.
  • Sought clarification on communication going to all APs about the university’s professional development days so that all employees could participate equally.
  • Organized an in-person admin pro employee recognition event (that still allowed for social distancing) at the Fort Collins drive-in movie theater, which included recognizing outstanding administrative professionals, featuring a video from CSU President Joyce McConnell, outdoor activities, concession stand coupons, and a screening of the new movie Fantastic Beasts: The Secrets of Dumbledore.
  • Continued to advocate for and seek the conclusion of the salary equity study for admin pros.
  • And many more things! But we do not want to overwhelm you.

Thank you for being an administrative professional at Colorado State University. We appreciate you and all that you do.

Karin Bright
Area 13 Representative
Administrative Professional Council

CSU’s One Health Institute names Colleen Webb interim director

By Teya Kvasnicka

Colleen Webb, a Colorado State University professor of biology and accomplished disease ecologist, has been named the interim director of the One Health Institute.

Webb will provide strategic direction to the institute following the recent departure of the former director, Dr. Sue VandeWoude. VandeWoude has been actively involved in the institute as a member of the One Health Strategic Advisory Committee, and has organized multiple workshops and working groups on the modeling of zoonotic diseases. She has been actively involved in the institute as the member of the One Health Strategic Advisory Committee, and has organized multiple workshops and working groups on the modeling of zoonotic diseases.

Webb received her bachelor’s degree in applied mathematics from the University of Chicago in 1993, which led to much of her interdisciplinary work. She recognized the importance of diversity, equity, inclusion and justice as she found women to be significantly underrepresented in her field. Her experiences led her to pursue for inclusivity, and she has remained dedicated throughout her career to ensure early-career researchers have access to needed resources, including quality mentoring.

She continued her education and received her master’s degree in biology from the University of Oregon and her Ph.D. in ecology and evolutionary biology from Cornell University in 2001. She completed her final education run at Princeton University, where she completed a postdoctoral fellowship in 2003.

Webb assumed her first role at CSU that same year and has remained an accomplished professor and employee throughout her tenure. She is married to biology Professor Joe von Fischer and has four children.

Her need for work-life balance has also led to her personal focus on self-care and well-being and professional promotion of these topics for early-career researchers. She assumed her official role with the institute at the beginning of the fall semester.
Committee shares information about extensive review of retirement plan options

By Dell Rae Ciaravola

Do you have a retirement plan through CSU? You’ll want to learn more about the work of a committee charged with refining retirement plan options for employees.

The review was launched in the spring of 2020 because Human Resources wanted to find ways to lower employee costs for retirement account management while better engaging and empowering employees to optimize their retirement planning, as well as providing the best retirement plan options available to them. Employers also want improved educational opportunities and best-in-class investment choices that maximize their retirement benefits.

As part of its review, the committee evaluated the results of a detailed survey of employees, information gained from the three project review launch workshops with employees, the responses of companies responding to the detailed request for qualification and the research and advice from Inovate Portfolios.

If you were not able to attend a town hall outlining the review process to date, recordings for both current employees and retired employees were posted to the website with more information about the review.

What CSU retirement plans were reviewed?
- Defined contribution plan, also called DCP
- Student employee retirement plan, also called SERP

What plans were NOT reviewed?
- PERS is administered by the state and is not part of this review
- This includes PERS 401(k) and 457 supplemental retirement plans
- Social Security due to state laws that prohibit CSU’s participation

What plan do I have?
- Current employees can look up their retirement plan info at https://col.st/4eL88

What do employees want in a retirement plan?
- Next steps
- Based on survey results and conversations, employees want:
- A better understanding of their plan and more communication about it
- Individualized help to understand investment options
- Knowledge about how to prepare for retirement
- Lower administrative costs passed along to them
- Quality investment choices

What are next steps?
- Propose refinements to the retirement plans to the Board of Governors
- The committee also worked with Inovate Portfolios, a Colorado-based consultant that specializes in retirement plan research and financial advice.

More information about the retirement plan review is at hr.colostate.edu/retirement-plans-review/.

KRNC RECIPE AND BLOG FEATURE OF THE MONTH

Burst Cherry Tomato Pasta

Looking for a way to use the last of your garden cherry tomatoes? This sweet and silky sauce from the juicy tomatoes and warm olive oil makes this dish a dynamic and luxurious burst of tomato-packed flavor.

**Serving Size: 1 Cup / Yield: 6 Servings**

**Ingredients:**
- 1 pound of your favorite pasta
- ½ cup olive oil
- 3 cloves garlic, minced
- 3 pints cherry tomatoes
- ½ teaspoon sugar
- ½ teaspoon salt
- Black pepper, to taste
- 1 cup basil, coarsely chopped

**Directions:**
1. Cook pasta in a large pot of boiling water, stir occasionally, until al dente. Drain and transfer to a large bowl.

2. Meanwhile, heat oil in a large skillet or saucepan over medium-high heat.
3. When oil is heated, add garlic, tomatoes, sugar, salt, and pepper. Stir occasionally, until tomatoes burst open and release juices to form the sauce. This should take about 10 minutes.
4. Continue to cook down until sauce thickens.
5. Toss cooked pasta in sauce. Fold in chopped basil.

You can top pasta with grilled chicken, Parmesan cheese, Burrata cheese, roasted mushrooms or more basil!

**MAKE DESSERTS MORE WHOLESOME**

People are often told desserts can’t be part of a healthy diet and that they are either unhealthy OR delicious, but not both. We are here to tell you that desserts can absolutely fit into a healthy diet. Check out all these ways to add wholesome ingredients to desserts to make them delicious, satisfying and nutritious.

Sydney Coons, a senior studying Food Science and Human Nutrition with a concentration in Dietetics and Nutrition Management, has 7 tips for making healthier desserts. See her blog at chhs.colostate.edu/krnc/7-ways-to-make-desserts-more-wholesome/.
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22nd Biennial Colorado International
Invitational Poster Exhibition (CITPE)
Friday, Sept. 23 – Friday, Nov. 4
Lory Student Center and Visual Arts Building
The 22nd biennial Colorado International Invitational Poster Exhibition (CITPE) is a collection from the worlds most distinguished poster artists and designers. Hosted by CSU’s Department of Art and Art History, CITPE is one of only a few international invitational poster exhibitions in the world. For a full schedule of events go to art.colostate.edu/events/citpe-2022/

Sponsored Article

When Servpro Fort Collins’ new Director of Sales and Marketing, Tim Grim came to the team this past summer, he saw an ideal situation to revamp the restoration industry. His goals are to utilize innovation and technology, coupled with the highest level of customer service and fastest response time to make Servpro Fort Collins the leader in the industry and THE company you call first!

Meet Tim’s Team

What she likes about Colorado: She loves being in a new environment and loves it here. What she likes about Colorado: She loves being in a new environment and loves it here.

When disaster strikes a home or business, Servpro Fort Collins is there to help and that is why people call Servpro Fort Collins the leader in the industry and THE company you call first!

It pairs great with soft pretzels, spicy mustard and grilled sausage links. A perfect thirst quencher for the last lawnmowing days of the season. Cheers!

CSU Calendar of Events

22nd Biennial Colorado International Invitational Poster Exhibition (CITPE)
Friday, Sept. 23 – Friday, Nov. 4
Lory Student Center and Visual Arts Building
The 22nd biennial Colorado International Invitational Poster Exhibition (CITPE) is a collection from the worlds most distinguished poster artists and designers. Hosted by CSU’s Department of Art and Art History, CITPE is one of only a few international invitational poster exhibitions in the world. For a full schedule of events go to art.colostate.edu/events/citpe-2022/

At Servpro Fort Collins... It’s All About Sales, Service and Success!
When Servpro Fort Collins’ new Director of Sales and Marketing, Tim Grim came to the team this past summer, he was on a clear mission to revamp the restoration industry. His goals are to utilize innovation and technology, coupled with the highest level of customer service and fastest response time to make Servpro Fort Collins the leader in the industry and THE company you call first!

Strength. Hope. 100% 10-23-2022
On Sunday, October 23, 100% of Wilbur’s profits will help women with breast cancer!

Meet Tim’s Team

What she likes about Colorado: Baked & brown like your favorite place, awesome weather year-round, outdoor activities are amazing, outdoor hiking and camping is a huge plus, happy people. What she likes about Colorado: Baked & brown like your favorite place, awesome weather year-round, outdoor activities are amazing, outdoor hiking and camping is a huge plus, happy people.

What he likes about Colorado: He loves camping in the mountains, hiking, and fishing. What he likes about Colorado: He loves camping in the mountains, hiking, and fishing.

When disaster strikes a home or business, Servpro Fort Collins is there to help and that is why people call Servpro Fort Collins the leader in the industry and THE company you call first!

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What she likes about Colorado: She loves the mountains and being in the lake. What she likes about Colorado: She loves the mountains and being in the lake.

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What she likes about Colorado: She loves being in a new environment and loves it here. What she likes about Colorado: She loves being in a new environment and loves it here.
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